IN THE CLAIMS:

This listing of the claims will replace all prior versions, and listings, of claims in the application:

1. (currently amended) A method of communicating manipulated dietary information between a user and a database to a user comprising:

storing dietary information on a dietary information a database, wherein said dietary information database comprises a menu/recipe database, a nutritional database, a personal database, and a medication database;

searching the dietary information database comprised of a menu/recipe database, a personal database, a nutritional database, and a medication database to identify specific dietary information meeting user criteria;

inputting and storing user criteria in said personal database,

identifying specific dietary information meeting user criteria, wherein said identifying step comprises said personal database interacting with at least one of the menu/recipe database, the nutritional database, or the medication database;

retrieving said specific dietary information;

manipulating the said specific dietary information to provide a table of dietary information;

transmitting specific said manipulated dietary information from said table of dietary information accessible to the a user machine, thereby communicating said manipulated dietary information to said user from the database over an internet;

inputting a user assessment into the user machine, wherein the user assessment is of at least one of the manipulated dietary information or the interaction of the personal database with the at least one of the menu/recipe database, the nutritional database, or the medication database; and

transmitting and storing said user assessment assessments of the dietary information to the dietary information database over the internet for access by other future users over the internet.

2. (cancelled)

2

3. (currently amended) The method of claim 1 wherein the ~~manipulated dietary information~~ manipulating ~~the information further comprises evaluating the interaction between the dietary information and medication information and said table of information~~ includes drug/food contraindications, and wherein said identifying step comprises said personal database interacting with both the menu/recipe database and the medication database.

4. (currently amended) An apparatus communicating manipulated dietary information ~~between a user and~~ from a database computer to a user comprising:

an internet;

a user machine operably connected to said internet for inputting, storing and retrieving said dietary information;

a plurality of databases comprised of a menu/recipe database, a personal database, a nutritional database, and a medication database, wherein said personal database is adapted to interact with at least one of the menu/recipe database, the nutritional database, or the medication database ~~operably connected to said internet~~; and

a computer operably connected to both said internet and said plurality of databases ~~via said internet~~, ~~said computer having a storage area~~, wherein

said computer is adapted to search ~~searches~~ said plurality of databases to identify information relating to a plurality of factors as specified by a said user ~~of said computer~~,

said computer comprises a storage area,

said computer is adapted to store said identified information in said storage area,

~~said databases transmit said identified information to~~ is stored in said ~~storage area of said computer via said internet~~, and

said computer is adapted to manipulate ~~manipulates~~ said ~~transmitted~~ stored identified information to provide a summary of appropriate dietary information ~~based on said plurality of factors~~,

said computer is adapted to store said summary in said storage area, and said computer is adapted to transmit at least one of said summary or a location of said stored summary to said user machine via said internet;

wherein said plurality of factors include at least one of anthropometric, metabolic, life stage, or ~~and~~ dietary prescription data.

5-10. (cancelled)

11. (previously presented) The method of claim 1 wherein said user criteria comprises anthropometric data.

12. (previously presented) The method of claim 1 wherein said user criteria comprises metabolic data.

13. (previously presented) The method of claim 1 wherein said user criteria comprises food preferences.

14. (previously presented) The method of claim 1 wherein said user criteria comprises health status data.

15. (previously presented) The method of claim 1 wherein said user criteria comprises food allergies data.

16. (previously presented) The method of claim 1 wherein said user criteria comprises life stage data.

17. (previously presented) The method of claim 1 wherein said user criteria comprises dietary prescription data.

4

18. (previously presented) The method of claim 1 wherein said user criteria comprises cooking complexity data.

19. (currently amended) The apparatus of claim 4 wherein said ~~user criteria~~ plurality of factors comprises food preferences data.

20. (currently amended) The apparatus of claim 4 wherein said ~~user criteria~~ plurality of factors comprises health status data.

21. (currently amended) The apparatus of claim 4 wherein said ~~user criteria~~ plurality of factors comprises food allergies data.

22. (currently amended) The apparatus of claim 4 wherein said ~~user criteria~~ plurality of factors comprises cooking complexity data.

23. (new) The method of claim 1 wherein said manipulated dietary information comprises a menu of planned meals.

24. (new) The method of claim 23 wherein said manipulated dietary information further comprises a shopping list for items needed to prepare the meals in the menu.

25. (new) The method of claim 24 wherein said manipulated dietary information further comprises a list of grocery stores at which the items are for sale.

26. (new) The method of claim 23 wherein said menu comprises a list of all meals planned on at least one day.

27. (new) The method of claim 23 wherein said manipulated dietary information further comprises at least one gauge.

5

wherein said gauge is selected from amount of calories, amount of cholesterol, and amount of sugar determined to be present in said meals.

28. (new) The method of claim 1 wherein said user criteria comprises data about other individuals.

29. (new) The method of claim 1 wherein said user criteria comprises a request for help regarding inputting, storing, or accessing information in the dietary information database or a request for access to a nutritionist or a physician.

30. (new) The method of claim 1 wherein said personal database comprises at least one of personal data, anthropometric data, food preferences data, health status data, food allergies data, life stage data, dietary prescription data, metabolic needs data, goals data, budget data, or cooking level of said user.

31. (new) The method of claim 30 wherein said personal data comprises name and gender information of said user.

32. (new) The method of claim 30 wherein said anthropometric data comprises at least one of height and weight information or age information of said user.

33. (new) The method of claim 30 wherein said food preference data comprises at least one piece of information that reports a favorite cuisine of said user, a favorite flavor of said user; or a user's response to an inquiry with regard to a specific food.

34. (new) The method of claim 30 wherein said health status data comprises at least one piece of information that reports that said user has or does not have a condition,
wherein said condition is selected from the group consisting of diabetes, heart disease, elevated blood pressure, elevated cholesterol, elevated triglycerides, kidney stones, irritable or spastic colon, gall stones, diarrhea, constipation, and diverticulosis.

6

35. (new) The method of claim 30 wherein said life stage data comprises at least one piece of information that reports a life stage category for said user, a major life stress of said user, or a physical activity level of said user,

wherein the life stage category of said user is selected from the group consisting of high school student, college student, starting a family, newly divorced, newly widowed, empty nest, retired, single, married, and homebound.

36. (new) The method of claim 30 wherein said dietary prescription data comprises at least one piece of information reporting a caloric restriction, a sugar restriction, a dietary fat restriction, a dietary cholesterol restriction, a dietary fiber requirement, a dietary protein requirement, a salt restriction, a purine restriction, an oxalate restriction, or a tyramine restriction for said user.

37. (new) The method of claim 30 wherein said metabolic needs data comprises at least one piece of information reporting an infection, a recent trauma, a recent surgery, HIV/AIDS status, pregnancy status, lactation status, a cancer therapy treatment, pulmonary disease status, liver disease status, nutrition status, or activity level of said user.

38. (new) The method of claim 30 wherein said cooking level of said user is selected from the group consisting of gourmet level, basic cooking level, microwave cooking level, beginner cooking level, and teenager cooking level.

39. (new) The method of claim 30 wherein said goals data comprises information that said user has a goal of losing weight or information that said user has a goal of gaining weight.

40. (new) The method of claim 1 wherein said medication database is created by professionals.

7

41. (new) The method of claim 1 wherein the menu/recipe database comprises a list of meals available at a particular restaurant.

42. (new) The method of claim 1 wherein the dietary information database comprises information or links to information regarding nutrition education, health education, cooking skills, online kitchen craft, demonstrations of equipment usage, using portions, eating as a family, purchasing specialty foods, kitchen equipment, recipe books, food publications, newsletters, chat rooms, culinary travel, food camps, spas, cooking schools, or personal chefs.

43. (new) The method of claim 1 wherein said manipulated dietary information comprises a vacation plan.

44. (new) The apparatus of claim 4 wherein said personal database comprises at least one of personal data, anthropometric data, food preferences data, health status data, food allergies data, life stage data, dietary prescription data, metabolic needs data, goals data, budget data, or cooking level of said user.

45. (new) The apparatus of claim 44 wherein said personal data comprises name and gender information of said user.

46. (new) The apparatus of claim 44 wherein said anthropometric data comprises at least one of height and weight information or age information of said user.

47. (new) The apparatus of claim 44 wherein said food preference data comprises at least one piece of information that reports a favorite cuisine of said user, a favorite flavor of said user, or a user's response to an inquiry with regard to a specific food.

8

48. (new) The apparatus of claim 44 wherein said health status data comprises at least one piece of information that reports that said user has or does not have a condition,

wherein said condition is selected from the group consisting of diabetes, heart disease, elevated blood pressure, elevated cholesterol, elevated triglycerides, kidney stones, irritable or spastic colon, gall stones, diarrhea, constipation, and diverticulosis.

49. (new) The apparatus of claim 44 wherein said life stage data comprises at least one piece of information that reports a life stage category for said user, a major life stress of said user, or a physical activity level of said user,

wherein the life stage category of said user is selected from the group consisting of high school student, college student, starting a family, newly divorced, newly widowed, empty nest, retired, single, married, and homebound.

50. (new) The apparatus of claim 44 wherein said dietary prescription data comprises at least one piece of information reporting a caloric restriction, a sugar restriction, a dietary fat restriction, a dietary cholesterol restriction, a dietary fiber requirement, a dietary protein requirement, a salt restriction, a purine restriction, an oxalate restriction, or a tyramine restriction for said user.

51. (new) The apparatus of claim 44 wherein said metabolic needs data comprises at least one piece of information reporting an infection, a recent trauma, a recent surgery, HIV/AIDS status, pregnancy status, lactation status, a cancer therapy treatment, pulmonary disease status, liver disease status, nutrition status, or activity level of said user.

52. (new) The apparatus of claim 44 wherein said cooking level of said user is selected from the group consisting of gourmet level, basic cooking level, microwave cooking level, beginner cooking level, and teenager cooking level.

9

53. (new) The apparatus of claim 44 wherein said goals data comprises information that said user has a goal of losing weight or information that said user has a goal of gaining weight.

54. (new) The apparatus of claim 4 wherein said medication database is created by professionals.

55. (new) The apparatus of claim 4 wherein the menu/recipe database comprises a list of meals available at a particular restaurant.

56. (new) The apparatus of claim 4 wherein the plurality of databases comprises information or links to information regarding nutrition education, health education, cooking skills, online kitchen craft, demonstrations of equipment usage, using portions, eating as a family, purchasing specialty foods, kitchen equipment, recipe books, food publications, newsletters, chat rooms, culinary travel, food camps, spas, cooking schools, or personal chefs.